



Feeling Fit With Physical Activity

Lesson Overview

This lesson is designed to motivate clients to begin exercising to improve fitness. Clients review exercises they performed in the past and other activities they like to do. By the end of the lesson, clients make a plan to increase their activity levels.

Rationale

Increasing physical activity helps balance caloric intake with energy expenditure, especially in postmenopausal women.

Goals

Clients will increase their physical activity.

Objectives

- Clients will understand the relationship between physical activity and maintaining a healthy weight.
- Clients will agree to increase their physical activity to at least 30 minutes each day.

Lesson



Begin the session with a stretching exercise.* Ask clients to stand up, and reach over their heads. Have them reach as far as they can. Then have them reach to the right, then reach to the left. Finish with clients marching in-place for 2 minutes.

Now wasn't that fun! We just began our exercise program. Simple exercises like these can be a great way to begin your day, end a long day, and even help when you are having a stressful day. Stretching is a good way to get the blood moving, energize our bodies, and feel good!

* Clients should always consult with their physicians before engaging in any physical activity.



Time

45 minutes

Preparation

- Ask clients to wear comfortable clothing to this session
- Read through the lesson
- Complete the Local Exercise Facilities and Organizations handout

Materials Needed

- Pen or pencil
- Flip chart or chalk board if you are in a group setting

Handouts



- Activities I Like To Do
- Local Exercise Facilities and Organizations

Feeling Fit With Physical Activity

Physical activity can also help people, especially postmenopausal women maintain a healthy weight. Maintaining a healthy weight helps decrease the risk of developing many forms of cancer—colon, rectum, endometrium, breast, and possibly kidney—in addition to many other diseases like heart disease and diabetes.



Many national health organizations (Centers for Disease Control and Prevention, the American College of Sports Medicine, the US Surgeon General) recommend 30 minutes of moderate physical activity each day. Activities that are recommended are brisk walking, swimming, gardening, yard work, housework, dancing, and many other fun activities.

Let's take a look at some of the activities you enjoy doing.

-  If you are in a one-on-one session, go over the Activities I Like To Do worksheet. If you are in a group setting, have women call out activities they enjoy doing. Write them on the chalk board or flip chart. Then have them use that list to complete the Activities I Like To Do worksheet.
-  When you have completed the activity, go over some of the activities that clients listed. First, ask them why they stopped doing the activity. Possible responses may be: didn't have time any more, feel old, too busy, don't have enough money to join a gym. Tell clients that these are valid reasons, but there are also a lot of valid reasons to begin exercising again.

Physical activity exercises one of your body's most important organs—your heart! Exercise also releases pleasurable hormones. This means that when you exercise, you actually begin feeling better. Exercise is also a great way to “work-out” stress. It exercises your large muscle groups and smaller muscle groups, it moves your blood which carries oxygen through your body. It can also be social. You can also reach goals you thought you may have never been able to achieve (ex. walking a 5K, like the Breast Cancer Prevention walk), set and reach new goals. . . and much more.

Let's look at why you enjoyed the activities you listed.

-  Ask clients why they liked doing the activities they listed on the Activities I Like To Do worksheet. Most likely they will say they are familiar with the activity (for instance if someone danced as a child, they may also enjoy dancing as an adult), they had fun while they were doing the activity, the activity was social, it felt good. Try to reinforce these points. Emphasize that all activity can be fun—it doesn't need to be boring—especially when you vary the types of exercises you do.
-  For instance, clients can form an informal walking group. They can walk with this group on Wednesday. Thursday they may want to walk briskly on their own. Friday they may want to try gardening if they have access to a yard. Using a variety of different types of activities will help to keep exercise fun and exciting.

Point out that they may not be doing any type of activity right now. Therefore they want to start slow. Their goal for the week should be to add 10 minutes of physical activity for the week. The following week they will try to increase that to 20 minutes. Each week they will add 10 more minutes until they reach their final goal of 200 minutes per week.

For more advanced groups—tell clients that certain types of activity help keep bones strong. These types of activities are called ‘weight-bearing activities.’ These activities include walking, jogging, aerobics, and other activities that use your weight. An exercise like swimming is not weight bearing because you are floating in water. Swimming is a wonderful form of exercise, but it may be a good idea to include it with other types of activities like walking (refer to Physical Fitness 2.5).

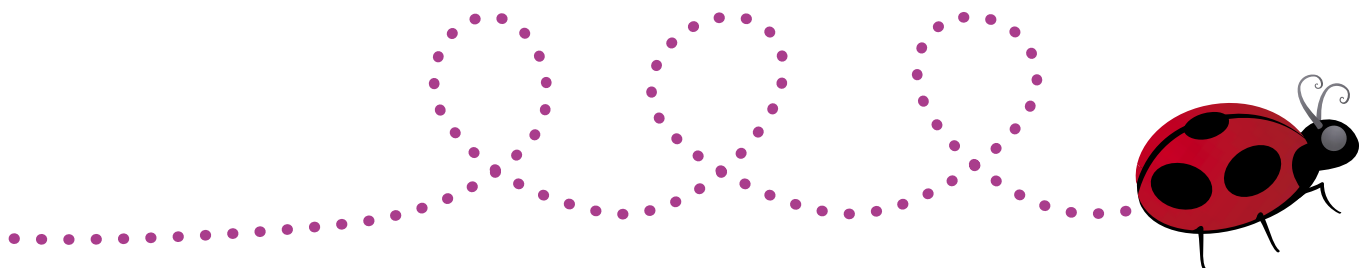
So now that we have reviewed some of activities we used to do and why we did them, we have to answer the big question—what activities do you think you would like to try again? They can be activities you used to do, activities you’ve always wanted to try, or things that you already do. What activities do you want to try to add next week?

Complete the Activities I Like To Do worksheet. Make sure that the clients’ goals are manageable. For instance, if a client is not doing any physical activity right now, it is not reasonable to think they will be able to walk 40 minutes every other day for the next week. It may be reasonable for this client to add 10 minutes of activity on 3 separate days, however. Remember—the goal is to have clients succeed. Therefore keep encouraging them and providing positive reinforcement. If possible, arrange discount rates for clients at local YWCA/YMCAs or other community agencies.

Pass out the Local Exercise Facilities and Organizations worksheet. Discuss what each facility has to offer. Encourage clients to think about other alternatives as well.

Now isn’t this exciting—isn’t it exciting to find out that exercise is not only good for your body, it is also good for developing relationships, managing stress, spending more time with your family. It can even be a time to gather your thoughts. Let’s end with a stretching exercises.

End the session with the stretching exercises you used to begin the class.



Feeling Fit With Physical Activity



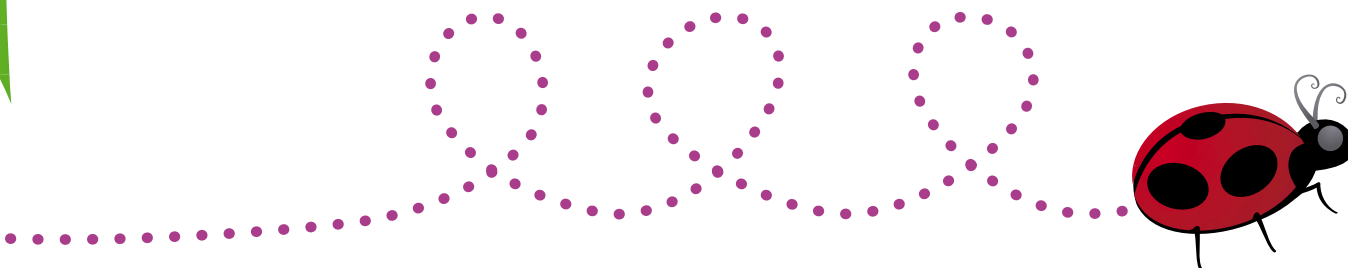
Make a copy of each clients' Activities I Like To Do worksheet. Tell clients you are going to call them at the end of the week to see if they performed the activity they planned. Use this to determine each client's progress.

Educational Activities

- Have clients form a walking club with some of the other clients you see.
- If you were able to arrange discounts at community agencies, visit the site so that clients can see what it looks like and decide whether or not they want to join.
- If you have time, end the lesson with a 10 minute walk around the neighborhood. Make sure you have walked the course so you know what to expect. Are there any hills which may discourage clients? Is the sidewalk safe or is there a chance some clients may fall? Is the course safe—is it well-lit, in a safe neighborhood? Are there any other things that may compromise the safety of the clients?

Related Lessons

- Physical Fitness 2.2: California, Here I Come!
- Physical Fitness 2.3: Fit At 40 and Beyond
- Physical Fitness 2.4: I Can be Fit At Any Weight
- Physical Fitness 2.5: Why Weight-Bearing Activities?
- Healthy Eating: 1.8: Oh... The Wonders of Water





Activities I Like to Do

I like doing the following activities:

Activities I have done in the past:

What are some of the reasons I stopped doing these activities?

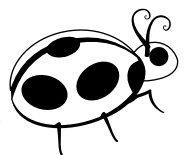
Next week I will try to do the following activity _____
for _____ minutes.

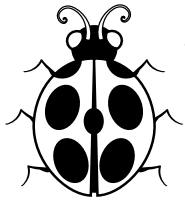
Brisk Walking

Dancing

Walking the Dog

Gardening

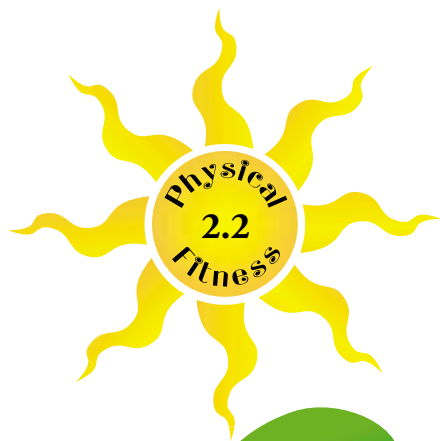




Local Exercise Facilities and Organizations

Facilities:

Organizations:



Time

1 1/2 hours

Preparation

- Arrange for and buy incentive items for each client: Water bottles, Whistles, Sports timers, T-shirts (see Appendix)
- Ask clients to dress in comfortable clothing and to bring walking shoes

- Find local public schools that have track facilities
- Make sure clients have permission from their physicians to exercise
- Read through the lesson
- Make 3 Walking Logs per person
- Buy a map of California and colored map pins
- Place red flags at major cities on the map
- Write each person's name on a map pin

Materials Needed

- Pen or pencil
- A map of California
- Map pins

Handouts

- Walking logs
- California, Here I Come!

California, Here I Come!

Lesson Overview

Clients increase their walking for physical fitness. Clients are rewarded each time they reach a milestone (familiar places in California and in their neighborhoods).

Rationale

Increasing physical activity helps balance caloric intake with energy expenditure, especially in postmenopausal women.

Goals

Women will increase their physical activity.

Objectives

- Clients will increase their walking for fitness.
- Clients will value the benefits of walking.

Lesson



Begin the session with a stretching exercise.* Ask clients to stand up, and reach over their heads. Have them reach as far as they can. Then have them reach to the right, and then reach to the left. Finish with clients marching in-place for 2 minutes.

Now wasn't that fun! Simple exercise like these can be a great way to begin your day, end a long day, and they can even help when you are having a stressful day. Stretching is a good way to get the blood moving, energize our bodies, and feel good!

Physical activity can also help people, especially postmenopausal women maintain a healthy weight. Maintaining a healthy weight helps decrease the risk of developing many forms of cancer—colon,

* Clients should always consult with their physicians before engaging in any physical activity.



California, Here I Come!

rectum, endometrium, breast, and possibly kidney—in addition to many other chronic diseases like heart disease and diabetes.

Note: This lesson works best in a group environment. It can be done one-on-one, but be aware, clients may not be as motivated as when they are in a group.

Walking is a wonderful form of exercise. Almost any one can do it. And it requires very little expensive equipment. Today we are going to embark on an adventure. We are going to see if you can walk the length of California.



Point to the map of California.

As you can see, California is a long state. It is approximately, 900 miles from San Diego to Crescent City—and we are going to see who can walk the distance first! You may think I am crazy, but I know you can do it. We are going to take it nice and slow, and slowly chip away at those miles. Each week we are going to see how much progress you made. For instance, if you walk 30 minutes a day, 4 times a week, you will have walked approximately 8 miles (assuming clients can walk 1 mile in approximately 15 minutes) by the end of the week. That means you will walk approximately 40 miles in one month! That's a long way!



Stop and point out how far that really is. For instance, it may be the distance between home and work for many clients. Relate this distance to other familiar landmarks. Ask them if they ever thought they'd be able to walk that far.



Hand out Walking Logs.

It is going to take us a while to reach our goal, but there are places along the way where you'll receive rewards for all of your efforts. We are going to “stop” in Oceanside, Long Beach, Los Angeles, Santa Barbara, San Luis Obispo, Big Sur, Monterey, Santa Cruz, San Francisco, Bodega Bay, Fort Bragg, Shelter Cove, Eureka, and finally stop in Crescent City. As you can see on the map, I have placed red flags in key cities along the coast. At each of those points, you will receive a reward for all of your hard work.



Point to the red flags on the map.



At each of these “stopping” points, clients will receive incentive items (see Appendix for recommendations). If possible, have a display of the items they will receive at each point.



Ask clients if they have been to any of those places? If not, ask them if they have ever been around any of those places. Be sure you add your own experiences. This will help them feel more familiar

with each of these places. This may help motivate them to accomplish their goal—to be the first one to reach Crescent City!

To help us keep track of all the miles we walk, we are going to use the Walking Logs. Use these Walking Logs to record the number of minutes it takes you to walk a mile. If you do not know, you can go to a local track and time yourself as you walk four times around the track. Four times around the track equals 1 mile. Use this number to estimate the number of minutes it takes you to walk a mile. I would recommend you re-check this estimate every 4 weeks, though. The more you walk, the better you will get—and the less time it will take you to walk a mile! If you don't have access to a track, let's agree to assume you walk approximately 1 mile in 15 minutes. Use this estimate to figure out how many miles you walk per week. If you have a difficult time calculating miles and minutes, don't worry—we'll do the calculations together next week. Any questions?

Stop and answer any questions the clients have. Assure them that they only need to record the number of minutes they walk each week. You can help them calculate the number of miles they walked at your next session.

Pull out the other map pins. Write each client's name on a map pin and place it at the starting point—San Diego.

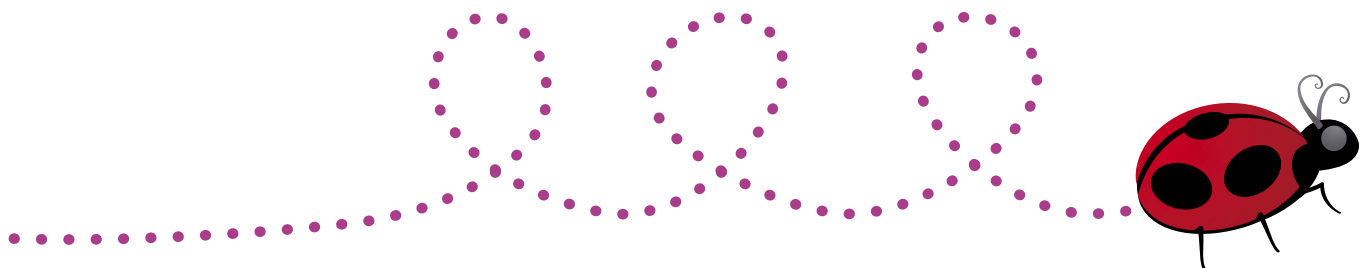
Each week we'll meet and we'll record how many miles you have gone. I will move your map pin accordingly.

Use an example. Show clients that if client X walks the equivalent of 15 miles, then he/she will move half way between San Diego and Oceanside. Pause for client questions.

Any questions?

Let's begin now. Does everyone have their walking shoes? Okay. Let's warm up, and then walk 30 minutes. By tonight we will all have already walked 2 miles!

When you get back, help your clients fill out the walking log. Make sure they write in the date, how long they walked, and calculate how many miles they walked. Assure clients that you will help them calculate the number of miles they walked if they do not feel comfortable doing that.



California, Here I Come!



It might be a good idea to give your clients an incentive as they leave. Something as simple as:

- Shoelaces
- Coupons for walking shoes, shirts, etc. (ask local stores for donations)
- Water bottles



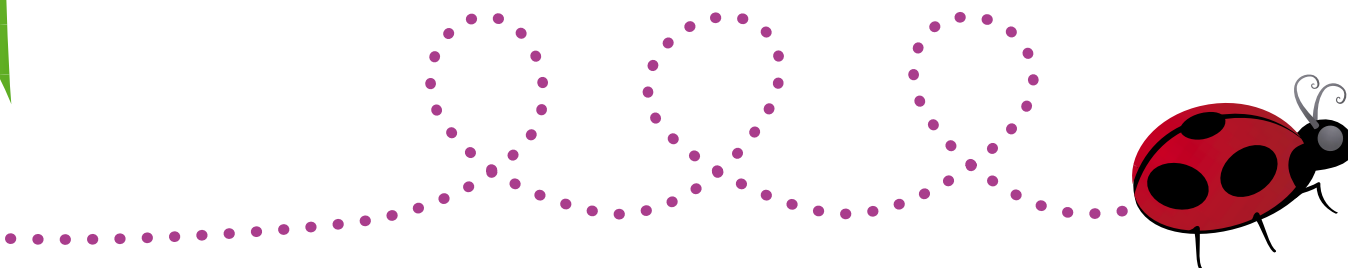
Collect the Walking Logs each week. Use these logs to monitor clients' progress.

Educational Activities

- Meet with clients as a group until they reach their goal. Provide incentive items, positive reinforcement, and walk with them when possible.
- Have clients form a walking club with some of the other clients you see and have them walk on days that the group does not meet.
- For clients who are having a hard time walking as much as the other clients, think of ways to award 'bonus miles'. For instance, if they walk 30 minutes for 3 days in a row, they get 50 bonus miles.
- Create a more localized map. Measure mileage with your car and record on the map. Distribute to clients so they know how far they are able to walk in the neighborhood.

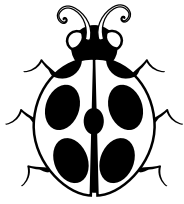
Related Lessons

- Physical Fitness 2.3: Fit At 40 and Beyond
- Physical Fitness 2.4: I Can Be Fit At Any Weight!
- Healthy Eating 1.8: Oh. . .The Wonders of Water



Miles of Walking

Healthy Lifestyle Curriculum in Reducing the Risk of Breast Cancer: Physical Fitness 2.2



California Here I Come!



From-To	Miles
San Diego to Oceanside	30 miles
Oceanside to Long Beach	70 miles
Long Beach to Los Angeles	25 miles
Los Angeles to Santa Barbara	85 miles
Santa Barbara to San Luis Obispo	105 miles
San Luis Obispo to Big Sur	100 miles
Big Sur to Monterey	30 miles
Monterey to Santa Cruz	40 miles
Santa Cruz to San Francisco	70 miles
San Francisco to Bodega Bay	50 miles
Bodega Bay to Fort Bragg	105 miles
Fort Bragg to Shelter Cove	55 miles
Shelter Cove to Eureka	65 miles
Eureka to Crescent City	75 miles
TOTAL:	905 miles



Fit at 40 and Beyond

Lesson Overview

Clients learn that physical fitness is comprised of strength, endurance and flexibility. Clients prepare a plan for increasing physical fitness activities.

Rationale

Increasing physical activity helps balance caloric intake with energy expenditure, especially in postmenopausal women.

Goals

Clients will incorporate different types of exercises into their daily activities.

Objectives

- Clients will learn what fitness is.
- Clients will learn exercises to improve their fitness levels.
- Clients will incorporate one type of fitness activity into their daily activities.

Lesson



Begin this lesson with simple stretching exercises. Have clients reach over their heads, reach out to their sides, rotate their heads, etc. *

These are easy, fun exercises that we can do to improve our health. They can help you re-focus if you need to, help increase your flexibility, and can even improve your fitness levels.

Being physically fit is essential to any healthful lifestyle. But when we say fitness, we usually just think of activities like walking, jogging, swimming, and other activities similar to that. When we're

* Clients should always consult with their physicians before engaging in any physical activity.

Time

1 1/2 hours

Preparation

- Ask clients to come in comfortable clothing and to bring walking shoes
- Make sure clients have permission from their physicians to exercise
- Find local public schools that have track facilities
- Read through the lesson

Materials Needed

- Pen or pencil

Handouts

- Fun Things to Include In My Day
- How Will I Add Activities Into My Day?
- What Do You Think?



Fit at 40 and Beyond

talking about fitness, however, we're really talking about a more general idea. We're talking about endurance, strength, and flexibility.

Being physically fit means incorporating a lot of different types of activities into your daily routine. Activities that strengthen our muscles, improve our endurance, and provide us with more flexibility.

One type of activity is aerobic activity. Aerobic activity speeds up your heart rate and breathing. This type of activity improves your cardiac fitness. Aerobic activities include walking briskly, jogging, swimming, biking, and dancing.

Other types of activities help increase your strength and flexibility. By increasing your strength and flexibility, you can reduce your chances of falling and breaking bones while preserving your muscles. Simple things like leg lifts while you are doing the dishes, walking at your dog's pace, lifting soup cans while you are watching TV, marching up and down the stairs in an apartment building or home, are all ways of increasing your strength while preserving your muscle strength. Other things, as simple as gentle stretching, dancing, and yoga can increase your flexibility. Things as simple as carrying groceries and lifting small boxes can help strengthen your muscles.

Other things you can do to increase your fitness are:

- walk to the store rather than driving
- walk up stairs instead of taking the elevator
- park farther away from the door—while picking up grandchildren from school or going grocery shopping
- get off the bus on or two stops earlier
- garden
- rake the leaves
- push strollers
- play with children or grandchildren
- walk while you are waiting for someone
- take a quick 10 minute walk at lunchtime or after work
- form a walking group at work
- walk in a local mall (some malls open early in the morning for walking groups—see if your local mall does this)
- dance
- join a yoga club

- swim
- bike
- join an exercise group at your local YWCA or community center
- walk after dinner with a friend or family members (this may help build quality time with others into your day)

... Can you think of other things you can do to improve your fitness levels?

Write down clients' ideas on a chalkboard or flipchart. Brainstorm ways to fit these activities into their daily routine. Discuss potential barriers (like work, family, time, etc.) and how they can overcome them (ex. if I miss my evening walk, I will walk at lunch the next day).

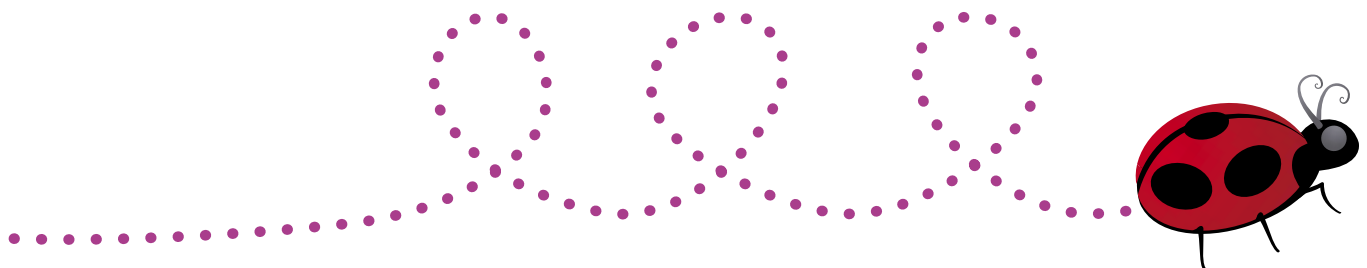
Pass out Fun Things To Include in My Day. Ask clients if they have any other ideas and write those on the chalkboard or flip-chart.

Pass out How Will I Add Activities Into My Day? handout. Ask clients to commit to adding two specific activities to their daily routine for the next week. Review barriers to reaching these goals, and then brainstorm ways to overcome those barriers.

You can see that there a lot of things we can do throughout the day to improve our fitness level. And being physically fit helps us build and maintain healthy bones, muscles, and joints. Fitness helps manage weight, it lowers your risk for many chronic and debilitating diseases—it helps control blood pressure. Best of all, it helps promote a sense of well-being and accomplishment. So just try to add small things into your life—because these small things will add up over time and make a significant difference to your health.

Can you think of other things that you can do throughout the day to improve your physical fitness?

Encourage clients to participate. If they have a difficult time thinking of things, remind them of the things you mentioned above. Tell clients they can add 1 or 2 of those activities into their daily activities and make a significant difference. Ask clients which activities they will add to their routines to try to increase their physical fitness. Review those goals at the next session.



Fit at 40 and Beyond

Now we are going to end with simple easy stretches.



Perform stretching exercises. Have clients reach over their heads, reach out to their sides, rotate their heads, etc.



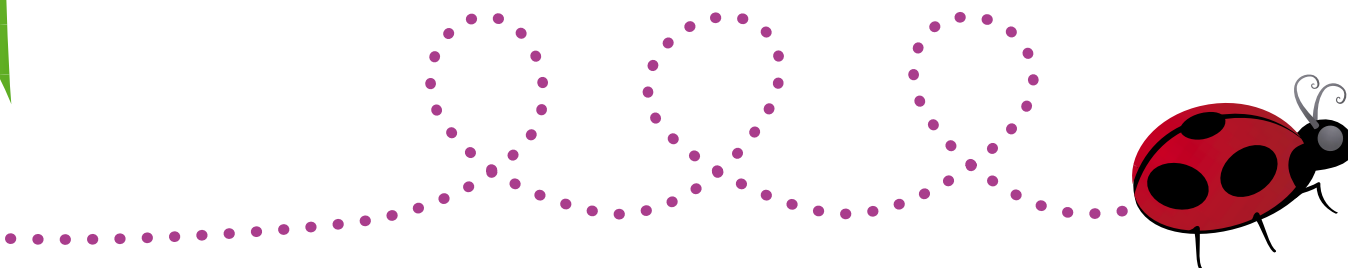
Pass out the What Do You Think? handout. Review clients' answers.

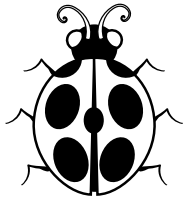
Educational Activities

- Met with clients once a week for 4 weeks. After 1 month, meet with client every other week to review their progress and discuss any questions they may have.
- Have clients form a walking club with some of the other clients you see.
- Help clients enroll in a local community organization.
- See related resources in Appendix.

Related Lessons

- Physical Fitness 2.1: Feeling Fit with Physical Activity
- Physical Fitness 2.2: California, Here I Come!
- Physical Fitness 2.4: I Can Be Fit At Any Weight!





Fun Things to Include in My Day

WALK TO THE STORE RATHER THAN DRIVING

MOW THE LAWN

JOIN A YOGA CLUB

SWIM

BIKE

WALK UP STAIRS INSTEAD OF TAKING THE ELEVATOR

PARK FARTHER AWAY FROM THE DOOR

RAKE THE LEAVES

GARDEN

WALK IN A LOCAL MALL

GET OFF THE BUS ONE OR TWO STOPS EARLIER

JOIN AN EXERCISE GROUP AT THE LOCAL YWCA OR COMMUNITY CENTER

WALK WHILE YOU ARE WAITING FOR SOMEONE

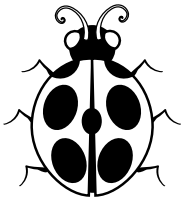
PLAY WITH CHILDREN OR GRANDCHILDREN

PUSH STROLLERS

TAKE A QUICK 10 MINUTE WALK AT LUNCH OR AFTER WORK

FORM A WALKING GROUP AT WORK

WALK AFTER DINNER WITH A FRIEND OR FAMILY MEMBER



How Will I Add Activities Into My Day?

What activities do you want to add into your day to improve your fitness levels?

What are some things that might prevent you from adding these activities into your day?

How will you overcome these barriers?

Barrier:

How I will overcome it:

For the next week, what 2 activities do you want to add into your daily routine?

I will _____ and _____
during the next week.

At our next visit we will talk about your plan and see if there were any unexpected barriers. If there were, how did you handle them?









What Do You Think?

Here are a few statements about today's lesson. Please mark whether you agree or disagree with each statement.

	Strongly Agree	Mildly Agree	Don't Know	Mildly Disagree	Strongly Disagree
If I walk, I am physically fit.					
Gardening can be a way to increase my physical fitness levels.					
I feel like I can fit physical fitness activities in my weekly schedule.					



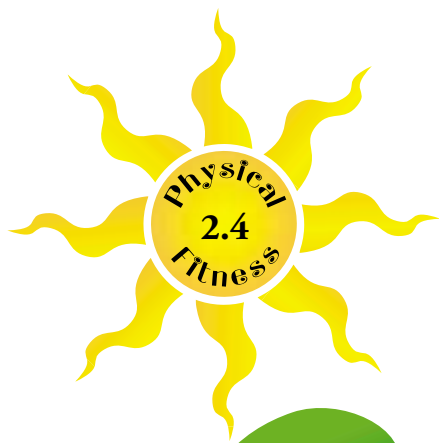
What Do You Think? Answer Sheet

	Strongly Agree	Mildly Agree	Don't Know	Mildly Disagree	Strongly Disagree
If I walk, I am physically fit.					
Gardening can be a way to increase my physical fitness levels.					
I feel like I can fit physical fitness activities in my weekly schedule.					

Walking may help increase clients' strength and endurance, but it may not increase their flexibility. Therefore they want to stretch before they walk

Gardening is a good way to incorporate physical fitness activities into their schedules.

The last question, *I feel like I can fit physical fitness activities in my weekly schedule*, is a personal answer. Preferably, clients answer *strongly agree* to *mildly agree*.



Time
1 1/2 hours

Preparation

- Order *Active At Any Size* booklets from WIN (see Appendix)
- Ask clients to come in comfortable clothing and to bring walking shoes
- Make sure clients have gotten permission to exercise from their physicians
- Purchase exercise tapes (recommended videos and audio tapes are listed in the appendices)
- Read through the lesson

Materials Needed

- Pen or pencil

Handouts

- Fun Things to Include in My Day

I Can Be Fit At Any Weight!

Lesson Overview

Overweight clients participate in activities designed to promote self-esteem and physical fitness.

Rationale

Increasing physical activity helps balance caloric intake with energy expenditure, especially in postmenopausal women.

Goals

Overweight clients will be motivated to increase their energy expenditure.

Objectives

- Clients will learn that they can incorporate physical activity into their lives regardless of their weight.
- Clients who are overweight will learn simple exercises to improve fitness levels.
- Clients will incorporate one type of fitness activity into their daily activities.

Lesson



Play lively music and have clients march/dance around the room.* Look in the appendix for recommended exercise tapes.

This is one easy, fun exercise that we can do to improve our health. Being physically fit is essential to any healthful lifestyle. Because some of us are larger in size than others, we may think we can't exercise. This not true, however.

* Clients should always consult with their physicians before engaging in any physical activity.



I Can Be Fit At Any Weight!

As most of us probably know, exercise helps us to live a healthier lifestyle. Exercise helps us to fight off cardiovascular disease. It helps us to control our blood pressure. It helps us to ward off cancer, diabetes, heart disease. What you may not know, however, is that exercise also helps us to sleep better, to lower our stress level, and gives us more energy.

So given all of this, why don't we exercise?

Some of us may think we look funny or silly when we exercise. Others of us may feel like we don't have enough time. Still, others of us may feel embarrassed.

These are all things that make it unlikely that we will exercise. But don't we have a right to exercise? Shouldn't we be able to exercise like any one else? YES!

If we are overweight, we just need to adjust our exercises a bit. We may not be able to bend down to the ground like a pretzel, but we can still stretch our legs. We may not be able to run a 5 minute mile, but we still may be able to walk much longer than other folks. And we can also have more fun! Instead of being sedentary all day and then walking on a treadmill, we can work activity into our day—we can:

- walk to the store rather than drive
- walk up stairs instead of taking the elevator
- park farther away from the door
- get off the bus on or two stops earlier
- garden
- rake the leaves
- push strollers
- play with children or grandchildren
- walk while you are waiting for someone
- take a quick 10 minute walk at lunchtime or after work
- form a walking group at work
- walk in a local mall (some malls open early in the morning for walking groups—see if your local mall does this)
- dance
- join a yoga club
- swim
- bike

- walk after dinner with a friend or family members (this may help build quality time with others into your day)

Can you think of other things you can do?



If you have purchased *Commuter Aerobics* (see Appendix), play a segment of the audio tape now. Practice the movements on the tape. Emphasize that clients can incorporate exercise into almost any part of their day.

There are plenty of exercises that you can perform that will tone your muscles, improve your flexibility, and make your body stronger. Did you know that you could dance in your chair? Did you know that you could ‘run’ in water? Did you know that you could have so much fun exercising?

Well, let’s start now. Do you have your dancing shoe’s on? One. . .two. . .three. . .



For the next 10-15 minutes, perform a variety of exercises. Start off with very simple exercises like the *Commuter Aerobic* audio tape, then move into exercises that require a little more movement, like the chair dancing exercises, yoga or dancing around the room. Make sure all of the women are moving at a comfortable pace.



When you stop exercising, emphasize the importance of a good warm-up and a good cool-down. Muscles need to be warmed up and cooled down properly. Remind clients that you want them to start off slowly. Remind them that they want to exercise consistently and not just every now and again—they should enjoy themselves.

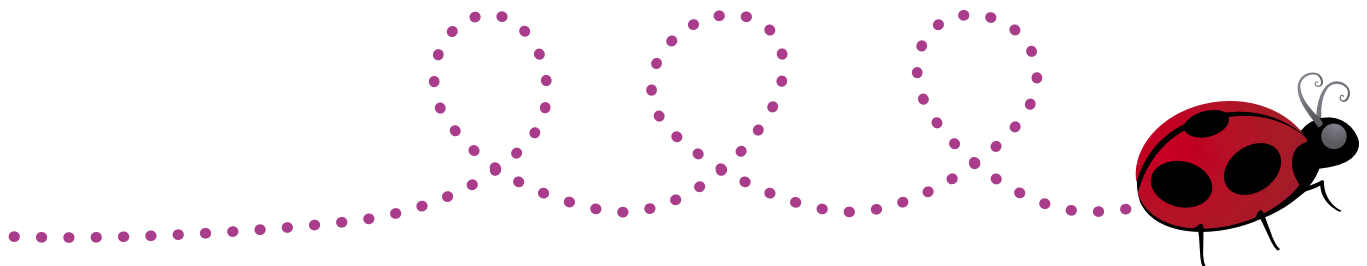


When everyone has cooled down, encourage them to drink water (refer to Healthy Eating 1.8). Pass out the *Active At Any Size* booklet and review the safety tips.

Wasn’t that fun? Don’t you think we could add one or two exercises to our day? Let’s commit to adding one exercise to our routine next week.



Brainstorm ways to fit these activities into their daily routine. Discuss potential barriers (like work, family, time, etc.) and how they can overcome them (ex. if I miss my evening walk, I will walk at lunch



I Can Be Fit At Any Weight!

the next day). Ask them to commit to adding one specific activity to their daily routine for the next week.

You can see that there are a lot of things we can do throughout the day to improve our fitness. And being physically fit helps us build and maintain healthy bones, muscles, and joints. Fitness helps manage weight, it lowers your risk for many chronic and debilitating diseases—it helps control blood pressure. Best of all, it helps promote a sense of well-being and accomplishment. You can do it—you just proved it!



End the class with a big group hug, and encourage clients to form work-out groups.



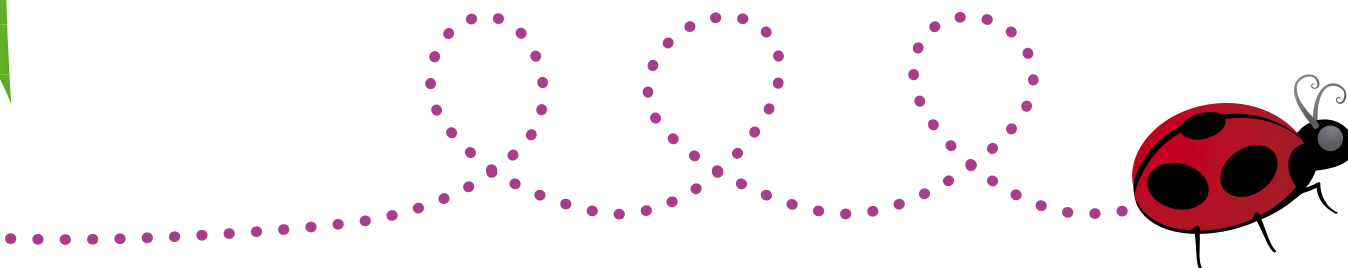
Pass out Fun Things to Include in My Day. If clients seem worried about adding physical activity to their lives, review How Will I Add Activities Into My Day? (Physical Fitness 2.3).

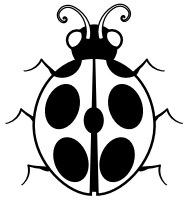
Educational Activities

- Meet with the group for the next 4 weeks to keep motivation high. Begin each session with a group exercise and then move into 10- or 15-minutes walk. As the group advances, increase walking time to 30-, 45-, or 60-minute walks.
- Have clients form a walking club with some of the other clients you see.
- Help clients to enroll in a local community organization.
- If there are more advanced clients, have them lead an exercise or two at the next class.
- See related resources in Appendix.

Related Lessons

- Physical Fitness 2.1: Feeling Fit with Physical Activity
- Physical Fitness 2.2: California, Here I Come!
- Physical Fitness 2.3: Fit at 40 and Beyond
- Physical Fitness 2.5: Why Weight-Bearing Activities?





Fun Things to Include in My Day

WALK TO THE STORE RATHER THAN DRIVING

MOW THE LAWN

JOIN A YOGA CLUB

SWIM

BIKE

WALK UP STAIRS INSTEAD OF TAKING THE ELEVATOR

PARK FARTHER AWAY FROM THE DOOR

RAKE THE LEAVES

GARDEN

WALK IN A LOCAL MALL

GET OFF THE BUS ONE OR TWO STOPS EARLIER

JOIN AN EXERCISE GROUP AT THE LOCAL YWCA OR COMMUNITY CENTER

WALK WHILE YOU ARE WAITING FOR SOMEONE

PLAY WITH CHILDREN OR GRANDCHILDREN

PUSH STROLLERS

TAKE A QUICK 10 MINUTE WALK AT LUNCH OR AFTER WORK

FORM A WALKING GROUP AT WORK

WALK AFTER DINNER WITH A FRIEND OR FAMILY MEMBER



Why Weight-Bearing Activities?

Lesson Overview

Clients learn about the relationship between weight-bearing activities and osteoporosis.

Rationale

Weight-bearing activities help prevent the risk of developing osteoporosis.

Goals

Clients will participate in weight bearing activities three times per week.

Objectives

- Clients will understand the causes of osteoporosis.
- Clients will learn how weight-bearing activities reduce the risk of developing osteoporosis.
- Clients will learn what exercises are weight-bearing.

Lesson



Show client(s) the photograph of healthy bones versus bones affected by osteoporosis. Point out that the healthy bone is dense. The osteoporotic bone is porous and fragile. A porous bone provides less structure and fractures more easily. Therefore people who have osteoporosis often experience fractures when they are doing everyday activities, like walking, stepping up or down stairs.

Osteoporosis is a disease that affects many menopausal women. It develops gradually over time and can cause bone fractures in people who are performing regular movements. Approximately 25 million Americans suffer from osteoporosis, the majority of which are women over the age of 50 years.

Time
30 minutes

Preparation

- Read through the lesson
- Locate a photograph of a healthy bone vs. a porous bone
 - National Osteoporosis Foundation at www.nof.org/osteoporosis/bonehealth.htm
 - The American Dietetic Association's Food and Nutrition Guide

Materials Needed

- Display the photograph of healthy vs. porous bones

Handouts

- What Do You Think?



Why Weight-Bearing Activities?

Bones continue to grow and get stronger in people until they reach 20 to 30 years of age. Bones become denser, however, until you reach about 35 years of age. You may think that once bones reach this maximum density that the story is over. This is not the case, however. Calcium continues to be deposited in the bones and calcium is pulled from the skeleton.

Therefore to prevent osteoporosis, you want to make sure you eat a variety of foods that contain a lot of calcium (Healthy Eating 1.9).



Review **Can't Get Enough Calcium?** lesson if appropriate.

You can also engage in weight-bearing activities to prevent osteoporosis. When you eat sufficient amounts of calcium, weight-bearing activities help your body deposit calcium in your bones so that your bones stay strong.

You might ask yourself—what are weight-bearing activities? Weight-bearing activities are exercises that exert weight on your bones. Let's go through a few examples. I'll name an exercise and you tell me whether or not it is a weight-bearing activity.

ACTIVITY

Swimming

Walking

Weight-lifting

Water-aerobics

Dancing

Riding a stationary bicycle

Mowing the lawn

Hiking

Use a Dyna Bands*

IS THIS A WEIGHT-BEARING ACTIVITY?

No—you are floating in water

Yes

Yes

Yes

Yes

No—you are not applying weight to the bones

Yes

Yes

Yes

* Dyna Bands may be available through the California Department of Health Services Cancer Detection Section Clearinghouse (see Appendix)

Does this mean that you shouldn't participate in activities like swimming or riding a bicycle? No—it just means that you should incorporate other types of activities as well. You can bicycle one day, walk the next day, weight lift the following day, and then swim. And don't think you need to spend a lot of extra money trying to include these types of activities into your routine. You can use 12-, 18- or 26-ounce cans to weight lift. You can perform leg lifts while you are doing everyday activities like washing the dishes or doing the laundry.

Osteoporosis is a debilitating disease that can sneak up when you are least expecting it. Many people do not even know they have osteoporosis until they fracture a bone while doing regular activities. Because it sneaks up, especially in postmenopausal women, it is important to take steps to maintain your bone health. You can do this by eating more calcium-rich foods, performing weight-bearing activities, and reviewing other risk factors like family history, smoking, alcohol intake, and body weight with your physician.



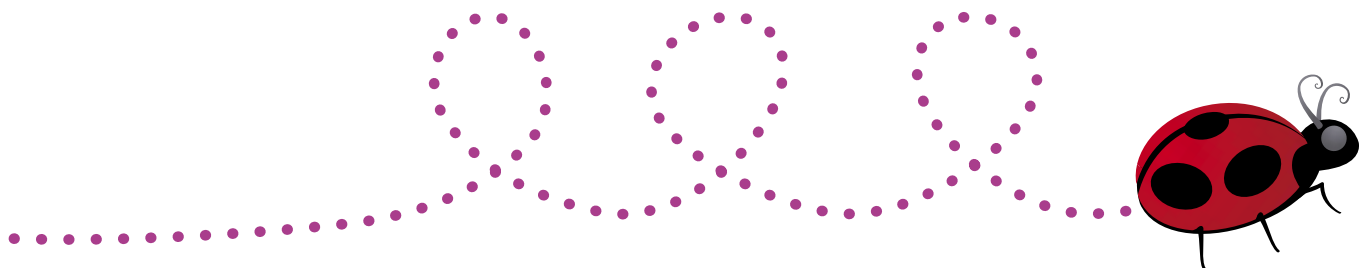
Ask client(s) if there are any questions.

Educational Activities

- Give clients complimentary Dyna Bands (see Appendix). Review safety precautions, guidelines, and benefits. Demonstrate the exercises outlined in the accompanying brochure.

Related Lessons

- Healthy Eating 1.9: Can't Get Enough Calcium?





What Do You Think?

Which of the following are weight-bearing activities?

Swimming

Weight-lifting

Dancing

Riding a bicycle

Mowing the lawn

Walking

Healthy Lifestyle Curriculum in Reducing the Risk of Breast Cancer: Physical Fitness 2.5



What Do You Think? Answer Sheet

Answers:

Weight-lifting, Dancing, Mowing the lawn, and Walking